

WINNIPEG metro



DRILLING INTO CONTROVERSY

IN DAY 2 OF OUR THREE-PART SERIES, METRO LOOKS AT WHY PROVINCES ARE PUTTING A HOLD ON FRACKING **PAGES 10 & 11**

Build it, says The Destroyer

New \$20M soccer complex scores big with local star Desiree Scott **PAGE 5**

Baird offers help in search for schoolgirls

Canada to supply surveillance equipment to Nigeria **PAGE 5**

Winnipeg city councillor faces assault charges

Thomas Steen. Former Jet announces he's taking a leave of absence in response to allegations

A National Hockey League fan favourite in Winnipeg who turned to municipal politics is facing charges of assaulting a woman in a restaurant.

Thomas Steen, who has been on Winnipeg city council since 2010, turned himself in to police earlier this week and was released on a promise to appear pending a court appearance, fellow councillor Scott Fielding confirmed Wednesday.

Steen did not respond to interview requests about the charges first reported by the Winnipeg Free Press, but

he issued a one-line written statement that said he was taking a leave of absence.

"In response to allegations in recent media reports, I would like to advise you that I will be taking some time to deal with a private personal matter," he wrote.

Police would not release details or name Steen, who has yet to be formally charged, but said a 53-year-old man turned himself in on accusations that he assaulted a woman he knew in a restaurant last week.

Fielding chairs the Winnipeg Police Board — a civilian group that includes Steen and oversees the city's police force. Fielding said Wednesday he told Steen that the pending charges disqualify him from participating in board matters.

Fielding would not reveal whether Steen offered any

information about the alleged assault or his future.

"I just informed him in my role as chair of the police board and what the (code of conduct) stated, so that's really the extent of what I want to discuss in terms of our conversation."

Steen played his entire NHL career with the Winnipeg Jets as a forward. He racked up 950 games and 264 goals. His No. 25 jersey was hoisted to the rafters of the old Winnipeg Arena in 1995 — the year he stopped playing and a year before the team relocated to Phoenix.

A new version of the team, a relocated Atlanta Thrashers franchise, returned to the city in 2011, one year after Steen won a council seat.

There was no word Wednesday on when Steen might appear in court.

THE CANADIAN PRESS



Coun. Thomas Steen participates in a council meeting in 2013. MEG CRANE/FOR METRO

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Abuse cases. Court reviews fees charged to residential school survivors

The organization that awards settlements in Indian residential school abuse cases has gone to court to try to stop victims from being charged thousands of dollars in extra fees.

The issue involves more than 30 lawyers and agencies across Canada that work to help survivors of physical, sexual and emotional abuse fill out forms to file for compensation.

Dan Shapiro, chief adjudicator of the Independent Assessment Process, said there's evidence to suggest some people are being charged too much for that work.

"The chief adjudicator is concerned that charging ... claimants form-filling fees ... stands to frustrate the intent and purposes of the Indian Residential Schools Settlement Agreement and subvert the measures in place to ensure that claimants receive the full benefits of the settlement," reads the factum submitted in the case.

Lawyers for the chief adjudicator were in Manitoba Court of Queen's Bench last Friday seeking an order that claimants should only have to pay approved legal fees. The limit on such fees is 30 per cent of an award.

The chief adjudicator's office is seeking direction on whether it can ban lawyers and form-filling companies "engaged in inappropriate conduct" from the process, and whether it can claw back any excessive fees that have already been paid out.

THE CANADIAN PRESS

Saving up for a home? Sales show signs of levelling off in April

The Winnipeg housing market may be reaching the point where prices aren't rising faster than you can save for a down payment.

The WinnipegRealtors group says while sales were still strong last month, they were down two per cent from last year's April.

"Owing to affordability issues that have been well identified with first-time buyers, which in turn has a broader impact on other as-

pects of the housing market, single-family homes continue to underachieve compared to more affordable property types such as condominiums and single-attached properties," reads a statement from WinnipegRealtors.

While the number of homes sold is down, prices did creep up — but only by two per cent over last year. There are currently 11 per cent more homes on the market this spring than last. **METRO**

Without borders theme. Marshals announced for Winnipeg Pride parade

The Winnipeg Pride parade will see a refugee show his colours as grand marshal of this year's event.

Hamed, who has asked to only use his first name, is a refugee from Iran who fled to Turkey when his boyfriend's family found out about their relationship. The family threatened his life. He came to Canada in 2012.

"Hamed is the living definition of what it means to be without borders, and

it is for this reason that he will be the 2014 grand marshal for Pride Winnipeg's 27th annual parade," reads a statement from Pride Winnipeg.

The honorary youth marshal title goes to Evan Maydaniuk, who was nominated by his former high school principal. Maydaniuk is credited for starting one of the city's first gay-straight alliance clubs in a high school.

METRO

Winnipeg scores big with new soccer centre

'Old stomping grounds.' Desiree Scott applauds high-performance centre



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Winnipeg's own futbol 'Destroyer' said a new \$20-million indoor soccer complex in Garden City will help build the skills necessary for more young people to follow in her dribbling footsteps.

Desiree Scott, who grew up in West Kildonan and plays on the national women's soccer team that will face the United States Thursday night, took time out of her busy schedule to attend the announcement of the 200,000-square-foot facility.

"This is my old stomping

grounds, so it's amazing to see that we have a high-performance facility being built, and I'm excited to see it once it's all done," said Scott following the press conference Wednesday morning.

"It's going to just motivate the kids to come out and want to get that physical activity, and start playing soccer on those fields. When you have such a beautiful facility, it makes you want to play and it makes you excited to play."

Mayor Sam Katz said this announcement fulfils a promise he made to north Winnipeg when the Soccer South complex at the University of Manitoba was unveiled.

The facility includes an outdoor field that will be used for training during the 2015 FIFA Women's World Cup, so construction is expected to begin this fall and completed by next June.



Team Canada women's soccer player Desiree Scott of Winnipeg shows off her ball control skills as Minister Kevin Chief and Grade 6 students from Edmund Partridge Community School watch on Wednesday.

BERNICE PONTANILLA/METRO

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Board game café owners roll the dice with new business



Across the Board opens Thursday in the Exchange District. FACEBOOK

It's been emboldening for the owners of Winnipeg's first board-game café to see even greater public enthusiasm than they had expected for a space dedicated to prolonged social interaction.

Across the Board Café, says co-owner Clinton Skibitzky, is all about enabling activity "that's not screen-based." The café, with more than 700 board-game titles, occupies the location of the former The Fyxx and Urban Rainforest cafés at 93 Albert St. It opens Thursday.

Skibitzky himself has been caught up in the excitement since co-owner Olaf Pyttlik — also Skibitzky's business partner at Winnipeg audio production company daCapo — first tossed out the idea roughly 18 months ago.

"That so many board-game cafés have opened in Canada indicates there was public interest," says Pyttlik.

Pyttlik himself was immersed in the popular board-game culture of his native Germany while growing up there. Many of the café's games are part of the collection he brought along when he moved to Canada.

During a battle with tongue cancer a few years ago, Pyttlik and his wife held gaming parties at their home and discovered the joy of being able to interact so closely with friends and family.

"Even if the business is not highly profitable, it doesn't matter," says Pyttlik cheerfully. "It's definitely a labour of love."

KENTON SMITH/FOR METRO



StorefrontMB invited the public to take over an alleyway during the Winnipeg Design Festival in September 2013. Table for 1200 will act as part of StorefrontMB's mandate to provide design-related events to the public. CONTRIBUTED

Dining, design on agenda for 1,200 invitees

Table for 1200. Location of giant pop-up dinner remains a secret for now

The direction of Winnipeg's architecture and design culture will be the topic de jour around the table of a pop-up dinner party planned for later this month.

And with 1,200 people invited to sit around a 1,200-foot-long table, it's certainly not a small affair being planned for a secret

outdoor location on May 31.

"Winnipeg is the kind of place where these sorts of things can happen," said 5468796 Architecture principal Johanna Hurme, who along with StorefrontMB is organizing the aptly titled "Table for 1200" event. "The idea is to engage the public in discussion and events and programming that has to do with design."

The dinner — which will include Prairie-themed food by the team from Raw:almond and Diversity Food Services — was inspired by 5468796's "Table

for 12" project that saw it travel to eight cities around the world to discuss the state of design.

"We always thought we'd share our findings as a finale in Winnipeg," said Hurme of the dinner, which will also be part of the RAIC Festival of Architecture being held May 28 to 31.

While the exact location won't be revealed to guests until an hour before the dinner, organizers have said it will be held downtown.

Tickets for the dinner are \$35 and available at tablefor1200.ca. SHANE GIBSON/METRO



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Keeyask station

Métis standing against hydro dam

Manitoba Métis say they will fight a proposed hydro dam that is one step closer to construction.

The province's clean environment commission is recommending the government issue an environmental licence for the proposed Keeyask generating station.

There are fears the dam and its transmission lines will hurt commercial Métis fishers and destroy trapping lines.

THE CANADIAN PRESS

At last. Upgrades mean aboriginal flood evacuees going home after 3 years

Three years after flooding forced them from their homes, some evacuees from a Manitoba aboriginal community are finally able to return.

Federal Aboriginal Affairs Minister Bernard Valcourt says 51 members of the Ebb and Flow First Nation are heading back in the next few weeks.

He says Ottawa spent \$8.7 million on new homes and roads to make the reserve

habitable again.

Around 2,000 aboriginal people are still out of their homes after heavy flooding in Manitoba in the spring of 2011. The protracted evacuation has cost \$90 million and counting.

Valcourt says the federal government is continuing to work with the province and First Nation leadership to return other evacuees to their communities.

THE CANADIAN PRESS

Canada pledges to help find kidnapped girls



Women attend a demonstration Tuesday calling on the government to rescue the kidnapped schoolgirls outside the defence headquarters in Abuja, Nigeria. SUNDAY ALAMBA/THE ASSOCIATED PRESS

'Repugnant act.'
Foreign Affairs Minister John Baird says that Canada will supply surveillance equipment to help with the search

In the messy world of competing international interests, Foreign Affairs Minister John Baird decided Wednesday that the fate of hundreds of abducted teenage girls in Nigeria would come before all else.

Baird pledged Canada's unwavering support to help free the female students abducted by Islamic extremists, a tragedy that has now gripped the world.

Canada will supply surveillance equipment to help Nigeria find the girls, even though it has long-standing concerns about the country's human rights record, the Harper government said Wednesday.

Baird made clear that any loans of Canadian military

hardware to Nigeria would be accompanied by Canadian military personnel to operate it.

"We obviously would have concerns, with Nigeria, with their human rights record and many issues," he said.

Without mentioning it specifically, Baird appeared to be referencing Nigeria's law that further criminalizes homosexuality. The Same Sex Marriage Prohibition Act criminalizes homosexual clubs and organizations, and carries a maximum 14-year prison term.

That said, Canada wants to do everything it can to help rescue the hundreds of girls aged 12 to 15 who were kidnapped by an Islamic extremist group, called Boko Haram, from a school in Nigeria three weeks ago, Baird said.

"This has been a foreign policy priority for Canada. The rights of women, the rights of girls, the campaign against early marriage ... gender violence and terrorism is obviously something which is a huge concern for us," Baird explained.

THE CANADIAN PRESS

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International review

Global study to look at Canada's polar bear trade

Environment Minister Leona Aglukkaq says she is confident that a new international review of Canada's trade in polar bear parts will reaffirm this country's conservation of the species, which will look at the practices of all five polar bear range states. Canada is the only country that permits commercial trade in polar bears. **THE CANADIAN PRESS**

I am your robber

Cops to suspect: I have you now

Vancouver police didn't travel to a galaxy far, far away to arrest Darth Vader. Police responded Tuesday to a robbery involving a suspect in a Vader mask. The victim was unhurt, but her attacker escaped with cash. A 911 call led police to a suspect, who was not far away and still wearing the mask. **THE CANADIAN PRESS**

Politics. Only pro-choice candidates welcome to run for Liberals, says Trudeau

Justin Trudeau says opponents of abortion need not apply to run for the Liberal party in the next election, and if they do, the Liberal leader says they'll be weeded out during the vetting process for nomination applications.

"As a party, we are steadfast in our belief ... that it is not for any government to legislate what a woman chooses to do with her body, and that is the bottom line there," Trudeau said Wednesday.

"I have made it clear that future candidates need to be completely understanding that they will be expected to vote pro-choice on any bills."

Exceptions will be made, however, for incumbent opponents of abortion who became MPs before the party officially adopted a pro-choice stance, such as Toronto MPs John McKay and Judy Sgro.

Their beliefs will be "re-



Justin Trudeau speaks in the House of Commons in Ottawa Wednesday. CHRIS YOUNG/THE CANADIAN PRESS

spected to a certain extent," Trudeau said, "but our position as a party is we do not reopen that debate."

Trudeau revealed the party's new hard line on abortion one day before the annual "March for Life," in which thousands of abortion opponents are expected to descend on Parliament Hill. **THE CANADIAN PRESS**

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See this symbol? You can scan the photo above with your Metro News app to play the game. The top 5 winners in Metro will be contacted by May 16th and will win a Canadian Olympic Committee blanket. Subject to terms and conditions outlined in game. QC not eligible.



Coupland's honour is selfie-explanatory

Author Douglas Coupland snaps a selfie as he is made an Officer of the Order of Canada by Gov. Gen. David Johnston during a ceremony at Rideau Hall in Ottawa on Wednesday. The selfie was later posted on Coupland's Twitter feed. SEAN KILPATRICK/THE CANADIAN PRESS; INSET: TWITTER

Is Ford getting help, or was he getting Timbits?

Rob & Doug McFrenzy. Storm of speculation about whereabouts of Toronto mayor fuelled by student's alleged doughnut-shop sighting



JESSICA SMITH CROSS
Metro in Toronto

Grade 11 student Cayla Clarkson says she didn't know Rob Ford was supposed to be in rehab when she spotted him in a Tim Hortons parking lot and tweeted about it on Tuesday — fuelling the storm of speculation about the mayor's whereabouts.

Clarkson said she saw Ford



Toronto Mayor Rob Ford
THE CANADIAN PRESS

get out of his car and walk into the doughnut shop in Toronto wearing a "full black suit" and walk out again wearing a grey sweatsuit.

"He opened the door to the backseat of his car," said Clarkson. "I had my phone out because I was going to take a

picture and he looked at me, like he did not seem happy, he didn't seem pleased. So I just put my phone down.

"When he closed his door, he sort of looked at me again, did a once-over, and that's why I walked away," she said. "I just felt a little uncomfortable."

Doug Ford told reporters at city hall Wednesday it was actually him at the Tim Hortons, and he'd stopped by on his way to council to take pictures with people and hand out T-shirts.

"I think he's just trying to cover for his brother," Clarkson said. "He said he was handing out T-shirts and taking pictures, but I did not see him handing out T-shirts or taking pictures at all. He wasn't interacting with anybody, I didn't seem him talking to anyone," she said.

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Supporters cheer ousted Thai PM Yingluck Shinawatra in Bangkok on Wednesday.

SAKCHAI LALIT/THE ASSOCIATED PRESS

Court ousts Thailand's PM

A court ousted Thailand's prime minister on Wednesday for abuse of power, accomplishing what anti-government demonstrators have sought to do for the past six months and further widening the country's sharp political divide.

Supporters of deposed Prime Minister Yingluck Shinawatra called for a huge rally Saturday to protest the ruling by the Constitutional Court, which exercised powers laid

out in a constitution written by a military government after a coup in 2006.

The leader of the anti-government protesters, Suthep Thaugsuban, meanwhile, told his followers that they would stage a "final offensive" on Friday and would achieve their goal of fully ousting the government.

The court found Yingluck guilty of abusing her power by transferring the National Se-

curity Council chief in 2011 to another position. It ruled that the transfer was carried out to benefit her politically powerful family and, therefore, violated the constitution.

The ruling also forced out nine Cabinet members but left nearly two dozen others in their posts, including Deputy Prime Minister Niwattumrong Boonsongpaisan, who was appointed the new acting leader.

THE ASSOCIATED PRESS



A bouquet sits atop the burned-out shell of a car at a location where clashes between Wednesday. MANU BRABO/THE ASSOCIATED PRESS

Putin pulls for delay in

Ukraine crisis. Pro-Russia militants say they will carry out planned vote Sunday

ment said.

Many had feared that Sunday's vote on more autonomy would be a flashpoint for further violence between the rebels and Ukrainian troops in the east. Russia annexed the Ukrainian Black Sea peninsula of Crimea in March after residents held a vote and overwhelmingly backed secession.

"We believe that the most important thing is to create direct, full-fledged dialogue between the Kyiv authorities and representatives of southeast Ukraine," Putin said.

"Because of this, we ask that representatives of southeast Ukraine, supporters of federalization in the country, postpone the May 11 referendum in order to create the necessary conditions for such a dialogue."

Despite Putin's comments, pro-Russia militants calling themselves the Donetsk People's Republic said they would still carry out the referendum on Sunday.

Putin also described Ukraine's May 25 presidential election as a move "in the right direction," and said his talk with Burkhalter, who is chairman-in-office for the Organization for Security and Co-operation in Europe, encouraged him that "our approaches (to Ukraine) co-

Russia has pulled back its troops from the Ukrainian border, Vladimir Putin told diplomats Wednesday as he urged insurgents in southeast Ukraine to postpone their planned referendum Sunday on autonomy.

In a Moscow meeting with Swiss president Didier Burkhalter, Putin said the Russian troops have been pulled back to their training grounds and locations for "regular exercises," but didn't specify whether those locations were in areas near Ukraine.

Putin also called on Ukraine's military to halt all operations against pro-Russia activists who have seized government buildings and police stations in at least a dozen towns in eastern Ukraine.

Ukraine launched a government offensive late last week to take back buildings and towns under control of the insurgents.

At least 35 people, including many rebels, have died in that offensive, the govern-

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pro-Russia gunmen and the Ukrainian army took place, north of Sloviansk, Ukraine,

back, calls plebiscite

Quoted

"We believe that the most important thing is to create direct, full-fledged dialogue between the Kyiv authorities and representatives of southeast Ukraine."

Russian President Vladimir Putin

incide."

The Russian leader still repeated Russia's long-held stance that constitutional reforms must precede any nationwide vote in Ukraine.

In Berlin, a leading Ukrainian presidential candidate said he was prepared to negotiate a decentraliza-

tion of power as pro-Russia insurgents in the east have demanded.

But Petro Poroshenko, a billionaire chocolate magnate, added that some insurgents in the eastern region understand only "the language of force."

THE ASSOCIATED PRESS

Taking a toll

Sanctions hurting Europe?

Sanctions against Russia are taking a toll in Europe as well, figures showed Wednesday.

Treasury Undersecretary David Cohen, in Paris as part of the Obama administration's push to bolster European support for broader sanctions, acknowledged that the measures are also

inflicting pain on companies in the United States and especially Europe, whose banks and energy firms have deep Russian interests.

"This is not cost-free for anybody, including the United States. We don't deny the reality that there's more exposure overall in Europe," Cohen told reporters.

He also said the U.S. and Europe were committed to ensuring that Ukraine's May 25 presidential elections take place without interference.

THE ASSOCIATED PRESS

Expected ANC victory

Polls close in South Africa

Polling stations closed Wednesday evening in elections in South Africa that are expected to see the ruling African National Congress return to power despite a vigorous challenge from opposition parties seeking to capitalize on discontent with corruption and economic

inequality.

Officials will declare final results no earlier than Saturday, allowing time to address any objections to the process.

The election commission said most voting went smoothly. About 25 million South Africans, roughly half the population, registered to vote in the parliamentary elections that will also determine the president.

THE ASSOCIATED PRESS

Kashmir

Violence flares in Indian election

Violence flared in Indian-controlled Kashmir on Wednesday as millions of Indians voted on the penultimate day of national elections.

An explosion in a polling booth injured a paramilitary soldier, and three other troops were wounded overnight when suspected militants fired at them,

according to Kishore Prasad, spokesman of the paramilitary Central Reserve Police Force.

No voters were injured and few details were available. The previous two polling days in the region were also marred by violence.

Police said scores of protesters also clashed with patrolling soldiers, who used tear gas to disperse the crowd. Anti-India sentiment runs deep in divided Kashmir. THE ASSOCIATED PRESS



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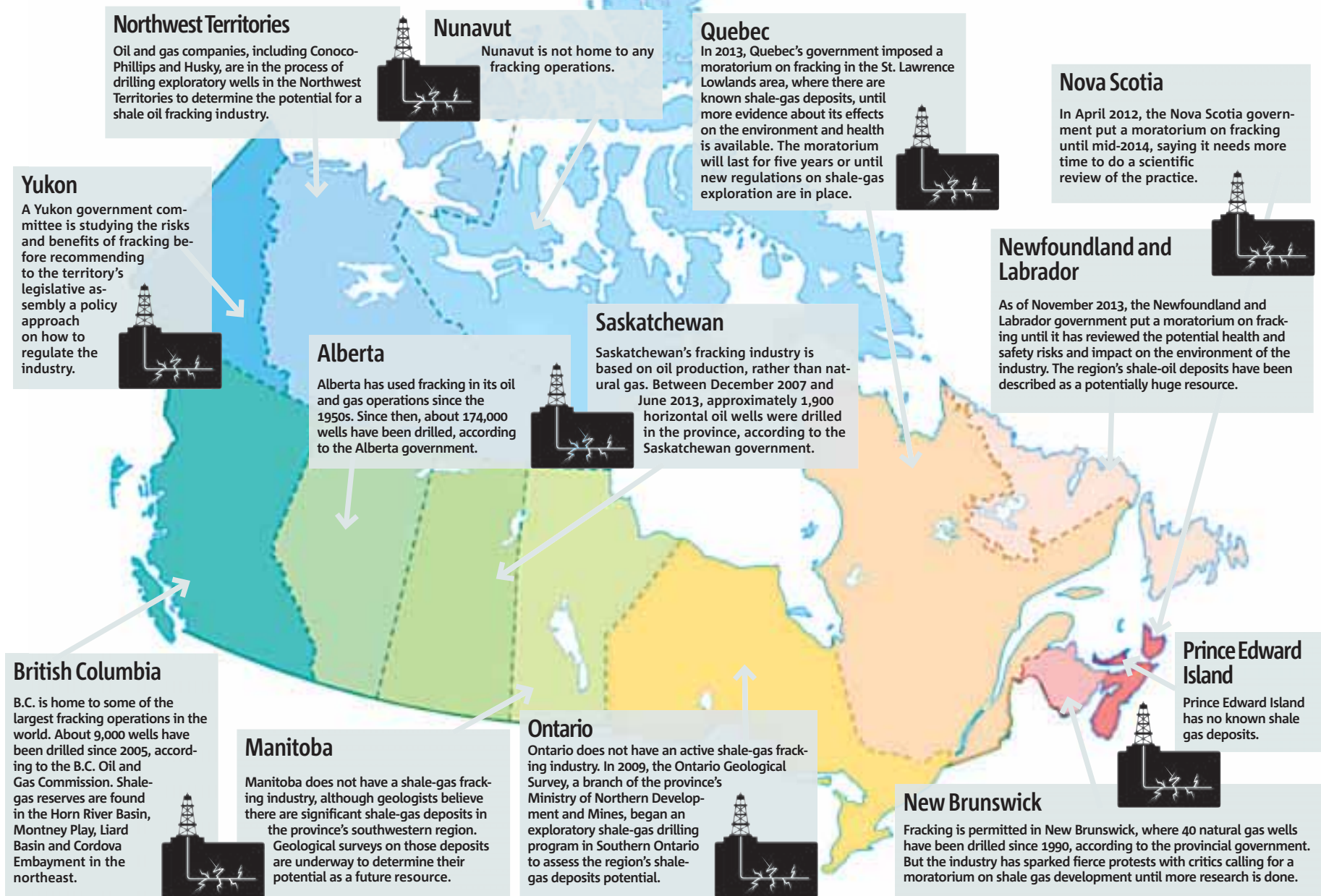
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Tracking Canadian fracking

Metro's look at the controversial practice of fracking continues with Day 2 of our three-day feature. While it's booming in B.C., other provinces have been more cautious, imposing moratoriums until there's more evidence on its health-and-safety effects. Many countries, including France and Germany, have also imposed bans or moratoriums on fracking.

THANDI FLETCHER, METRO IN VANCOUVER



The industry

Concerns and safety

After nearly a decade on the inside of what was once B.C.'s largest natural gas company, Robert Falls is well aware of some people's wariness of the oil and gas industry.

"It's very much in our nature to characterize them as arrogant or uncaring or evil," he said. "If you're Joe Public and you're looking at that industry,

it's huge, it's powerful, it's ... intimidating."

But, in his experience, that assessment is simply not fair. Energy companies are concerned about the environment, and the health and safety of people living near oil and gas operation sites, he said. It's in their best interests to make it a priority or they wouldn't be able to keep operating, he said.

But, Falls said, despite the industry's best efforts to reduce the risk of disaster, things can

and do go wrong. He believes energy companies need to do a better job of mitigating that risk and listening to the public's concerns.

A Green Light for Safety

During his tenure in the 1990s as manager of the environment division of West-coast Energy, now operating as Spectra, Falls said his team had the green light to do "whatever had to be done" to safeguard the health and safety of people

in the communities in which they operated.

"I don't think people realize how much time, effort and money is spent on managing environmental, health and safety issues," he said.

That sentiment is echoed by industry leaders, who claim the health and safety of residents living near fracking sites is a top concern.

Andy Calitz, chief executive officer for LNG Canada, the entity behind a proposed

The environment

"Are there concerns? Yes, we are at all times sensitive to our environmental impact."

Andy Calitz, chief executive officer for LNG Canada

liquefied natural gas project in the northwestern B.C. town of Kitimat, said energy companies are constantly studying fracking and its impact on water

and air quality.

"Are there concerns? Yes, we are at all times very sensitive to our environmental impact," he said. "It is high on our agenda."

Geoff Morrison, manager of B.C. operations for the Canadian Association of Petroleum Producers, said the organization is trying to do a better job of assuring the public about the industry's practices.

"We recognize there is a broad concern about an

Tricks of the gas trade

Fracking 101. Northern Lights College in B.C. teaches students the ins and outs of working the fields — and staying safe



EMILY JACKSON
Metro in Vancouver

The best time to frack is in the dead of winter.

Temperatures drop to -45 C, but to drill to gas trapped in shale in Northeastern British Columbia's Montney Play, rigs must be set up when the region's swampy muskeg is frozen so they don't sink.

Some city dwellers have perceptions that natural gas is a fast way to riches. Who can blame them? With the government promising billions in royalties from extracting gas and shipping it to yet-to-be-built liquefied natural gas (LNG) plants on the coast and then to Asia.

But that simply isn't the case. "It's not a quick buck," explains Stacy Smith, program chair of trades at the Northern Lights College, during a tour of the simulated wellsite at the Fort St. John campus. Smith is the dean of a program that trains field operators and power engineers to drill, operate and monitor wells. Safety is his top goal.

"A huge amount of time and skill goes into making sure the gas is safe to move and use for everybody — it is not a simple process."

Yet it's the process that will power B.C.'s push for LNG plants. For every billion spent on the LNG facilities, \$3.86 billion will be spent upstream, according to Fort St. John, B.C., mayor Lori Ackerman.

Not much is known about the long-term effects of fracking, a technology that dates back to the 1950s but exploded in use since 2000. But concerns are mounting about chemicals



Stacy Smith is the dean of a program at Northern Lights College that trains field operators and power engineers. MATT KIELTYKA/METRO

seeping into groundwater, methane escaping into the air, seismic activity and flaring of sour gas.

What they learn

Natural gas is one of the cleanest burning fossil fuels, but it's tough to get to, Smith says as he walks through the facility where, annually, 48 students train.

It requires a massive amount of energy. Once a well is drilled deep enough and sealed with concrete to prevent ground water contamination, water, sand and chemicals are pumped down to horizontally fracture

the land and release the shale gas.

The gas bubbles up to a wellhead with pressure monitors and an emergency shut down valve. It can be "pretty nasty" when it comes out of the ground — if it contains hydrogen sulphide, it can kill. It can't be cleaned up. Instead, it's burned off in a process known as flaring.

Students learn to remove the hydrogen sulphide and to dehumidify the gas. After these processes, the product is mostly methane and ready to sell.

Why we frack

"It's the nature of the beast,

it's the only way to access the shale gas," Smith says.

Some regions, including Quebec, have banned fracking.

"They don't want to take the chance, I think, to have the contamination potentially happen," he said.

But it's riskier in places with shallow shale formations, also known as plays. B.C.'s plays are deep — between 1,700 and 4,000 metres below the surface — compared to Quebec's (500 to 3,300 metres deep), according to the National Energy Board.

There are strict regulations around sealing wells to ensure chemicals don't leak into the ground water.

"The people that are up here, they're just like me and you. They're family people, they have kids, they don't want to see their water contaminated."

What can go wrong

"It's like anything that can go wrong," Smith said, especially operations involving massive machinery with moving parts.

Sometimes it's circumstances, sometimes there's a flaw that's missed, sometimes it's human error.

Technology improves safety, he says, pointing to emergency shut down valves that close automatically or electric monitors that alert a production facility immediately if something is wrong.

"As much as it kind of runs smoothly, there's always glitches that happen all the time, so somebody has to be there to fix them," he said. "Things break."

On opportunities

There's a two-year waitlist to get into the program, where graduates can expect starting salaries of \$65,000 a year plus a healthy dose of overtime.

Even though job prospects are good, a lot hinges on the expected demand from the LNG plants.

"Everybody's sort of in this holding pattern, you know, kind of waiting," he said.

In pictures



1 Covering up. What's a wellhead?

Heavy-duty wellheads are placed atop holes after drilling is complete. The blue attachment on the right is an emergency shutdown valve that cuts off the gas supply in case of a fault in the system. **ALL PHOTOS MATT KIELTYKA/METRO**

2 Expensive operation. Rigs

This \$6-million rig uses a kelly drive to bore into the earth and get to the shale gas. It used to be operational, but companies donated it to the Northern Lights College wellsite training facility.

3 Getting it out. Jacks that pump

A pump jack helps move oil out of the ground if there's not enough pressure for it to flow naturally.

4 Fine balance. Reading wellheads

Field operators measure pressure readings on wellheads to ensure it isn't too high (could indicate a potential explosion) or too low, which means the gas won't move through the pipelines.

5 The final step. Removing the deadly stuff

Once gas comes out of the ground, it must go through a variety of buildings and pipes to remove any deadly hydrogen sulphide and to be dehumidified.

industrial process people aren't familiar (with) or is new to them," he said.

"Things Do Go Awry"

Still, Falls said the industry is not perfect. During his seven years at Westcoast Energy, Falls recalls one pipeline rupture — a sour gas leak near Fort Nelson, B.C. Fortunately, it was "very small," he said, and was quickly brought under control.

But the incident still underscores the risks associated with

the industry, he said. "It doesn't matter how many studies have been done or how thoroughly they have been undertaken," he said. "Things do go awry."

"It's Not Going to Go Away"

Falls encouraged residents of communities where fracking is taking place to "ask the hard questions" to companies about emergency preparedness plans. But the industry also needs to do a better job at listening to community concerns, he said.

That's more important than ever, he said, as demand for fossil energy continues to rise. Even if there were to be strong public pushback against gas development in B.C., "that wouldn't change what the world is going to do," he said.

"If we don't supply it, somebody else is going to supply. We have to get better and we have to continuously improve because it's not going away."

THANDI FLETCHER/METRO IN VANCOUVER, WITH FILES FROM CAM TUCKER



MORE IN OUR FRACKING SERIES

Friday

- **Cautionary tale.** Alberta ranchers warn British Columbia to heed warnings.

Online

- **Photo and map.** Stacy Smith takes us on a tour.



No baby boom after the bust this time around

Birth of fear. Like the Great Depression, after the Great Recession in 2008, the birth rate fell around the world and it has yet to recover

The financial crisis that followed the collapse of U.S. investment bank Lehman Brothers in 2008 did more than wipe out billions in wealth and millions of jobs. It also sent birth rates tumbling around the world as couples found themselves too short of money or too fearful about their finances to have children. Six years later, birth rates haven't bounced back.

For those who fear an overcrowded planet, this is good news. For the economy, not so good.

We tend to think economic growth comes from working harder and smarter. But economists attribute up to a third of it to more people joining the workforce each year than leaving it. The result is more producing, earning and spending.

Now this secret fuel of the economy, rarely missing and



In this 1930 file photo, a nurse holds a baby in Philadelphia. When the economy falls, like it did in the '30s and 2008, the birth rate also falls. THE ASSOCIATED PRESS FILE

little noticed, is running out.

"For the first time since World War Two, we're no longer getting a tailwind," says Russ Koesterich, chief investment strategist at BlackRock, the world's largest money manager. "You're going to create fewer jobs ... wage growth will be slower."

Births are falling in China, Japan, the United States, Germany, Italy and nearly all other European countries. Studies have shown that births drop when unemployment rises, such as during the Great Depression of the 1930s.

THE ASSOCIATED PRESS



An unmoveable feast of mangoes in India

Indian labourers sort mangoes at a fruit market in Hyderabad, India, Wednesday. Mangoes start arriving in Indian markets in April, providing a juicy, delicious respite from summer temperatures and humidity as they start climbing to oppressive levels. Piles of mangoes are cooled in refrigerators or buckets of ice-cold water or pureed to create refreshing drinks that cut through the scorching heat. Indians are feasting on some of the world's most succulent mangoes after the European Union banned imports of the fruit from India this month, producing a glut and rock-bottom prices for local consumers. MAHESH KUMAR A./THE ASSOCIATED PRESS

Short on time? Perhaps that's due to spending it all watching YouTube, Netflix

Anglophone Canadians are now spending almost a third of their time online watching video, according to a report by the Media Technology Monitor.

In a survey with 4,009 English-speaking Canadians conducted between Oct. 7 and Dec. 1 of last year about 75 per cent of the respondents said they watched some online video monthly.

Two-thirds of them said they regularly watched videos on YouTube, 42 per cent

streamed TV content, 34 per cent sat down for full movies, 29 per cent used Netflix, and 26 per cent said they watched news and sports videos.

While mobile streaming is growing, most were still using a computer to watch online video.

About 83 per cent of those polled said they use a laptop or desktop computer to access online video, while about one in three sometimes use a smartphone and one in four stream with a tablet or Internet-connected TV.

MTM noted that in particular, watching TV shows on non-computer devices grew significantly between 2012 and 2013. THE CANADIAN PRESS

Nintendo. In real life about 10% of population is gay, in Tomodachi Life it's 0%

Nintendo isn't allowing gamers to play as gay in an upcoming life simulator game.

The publisher of such gaming franchises as The Legend of Zelda and Mario Bros. said Tuesday it wouldn't bow to pressure to allow players to engage in romantic activities with characters of the same sex in English editions of Tomodachi Life. This follows a social media campaign launched by fans last month seeking virtual equality for the game's characters, which are modeled after real people.

"Nintendo never intended to make any form of social commentary with the launch of Tomodachi Life," Nintendo of America Inc. said in a state-



A screenshot from the video game, Tomodachi Life. NINTENDO/THE ASSOCIATED PRESS

ment. "The relationship options in the game represent a playful alternate world rather than a real-life simulation. We hope that all of our fans will see that Tomodachi Life was intended to be a whimsical and quirky game, and that we were absolutely not trying to provide social commentary."

THE ASSOCIATED PRESS

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Tim Hortons

Canadian icon to Americanize south of border

Tim Hortons Inc. will take a decidedly American approach to menus at its U.S. stores as the chain prepares to roll out more quick service restaurants south of the border.

CEO Marc Caira said Tim Hortons needs to reconsider what it believes U.S. customers like to eat, because it doesn't always fit with what makes Canadians' mouths water. THE CANADIAN PRESS

Drug enforcement

Synthetic drug crackdown wider

The Drug Enforcement Administration on Wednesday broadened its national crackdown on synthetic drug manufacturers, wholesalers and retailers as federal agents served hundreds of search and arrest warrants in at least 25 U.S. states.

Agents served warrants at homes, warehouses and smoke shops beginning early morning, DEA spokesman Rusty Payne said.

THE ASSOCIATED PRESS

THE MOTHER OF ALL HOLIDAYS

Mother's Day was always a special event in my parents' household, because it meant I was attempting to be an adult on a scale I've never quite recaptured in my adulthood.

Back then I bought flowers, wrote my own cards, and picked out gifts, including a large, framed stock photo of a rose on a keyboard that would have been an amazing gift if my mother was the manager of a Super 8.

Even — and this is why it's always been the Mother of All Holidays in my mind — tried to cook.

If I were to add up the number of times in my life where I attempted to prepare a full meal, it's likely Mother's Day would be responsible for at least five of them — so around half the meals I've ever cooked have been for Mom.

That's the kind of outstanding son I am.

Now I live in a different city and, like most adult sons, I make



HE SAYS

John Mazerolle

metronews.ca

dream.

A fever dream of research.

Mother's Day By The Numbers:

a point on Mother's Day of letting my mother know that I exist and that I know she exists, too.

This seems to touch her deeply.

I suppose it's better than leaving bread crumbs and runny yolk on her bed sheets.

Focusing on love instead of buying something saves Mom and I from the crass commercialization of yet another Hallmark holiday, while coincidentally saving me from the high price of a Hallmark card. Mommy dearest, indeed.

I've compiled some numbers to show the big business that Mother's Day has become.

I think you'll find the stats as surprising as I did when they occurred to me in a fever

1: Average number of mothers per lifetime, per person in Canada.

\$23.2 billion: Amount that is expected to be spent on Mother's Day this year in North America.

\$23.1 billion: Amount that will go to the richest 1 per cent of mothers.

63: Percentage of U.S. mothers who will get food stamps in bed.

7.2: Average number of carnations required for a mother to believe her child loves her.

890,000: Number of pre-written cards with Mother's Day poetry rhyming love, glove, dove and above.

4: Number of pre-written cards with Mother's Day poetry rhyming love and shove.

100 per cent: Amount KFC, Taco Bell and other corporations love mothers, according to their Twitter feeds.

10,000: Number of "Awww"s about to ring out around Canada.

0: Mother's better than mine.

ZOOM

Boo-boos are hard to bear



Mango, a 19-year-old male Syrian brown bear, rests on a bed as zoo veterinarians and staff prepare him for surgery in the Ramat Gan Zoological Center's animal hospital near Tel Aviv, Israel, Wednesday. The 250-kilogram bear was going into surgery to repair a herniated disc in his back after it was discovered in an X-ray. ARIEL SCHALIT/THE ASSOCIATED PRESS

Syrian bear goes in for surgery

In Israel, a 19-year-old Syrian brown bear named Mango underwent surgery Wednesday to repair a herniated disc, said Sagit Horowitz, a spokeswoman for the Ramat Gan Zoological Center near Tel Aviv.

Zoologists first noticed Mango had a problem when he started to show signs of paralysis in his hind legs, said Dr. Merav Shamir, who led the surgery on the furry patient.

THE ASSOCIATED PRESS

They've got his back

"It started acutely," said Shamir. "He wasn't able to move his right hind limb and it progressively deteriorated over the following 48 hours to become completely paralyzed on the hind limbs."

"I'm nervous now — I'll be happier in a few hours," Shamir said before the hours-long surgery began.

"I wish him luck."

Veterinarians will know in the coming weeks whether Mango makes a full recovery.

THE ASSOCIATED PRESS

A potential lifesaver

Such procedures aren't uncommon at the Ramat Gan Zoological Center, the premier zoo of Israel. Last year, veterinarians there used acupuncture to cure the chronic ear infection of a 14-year-old Sumatran tiger.

- Shamir said other bears with a similar disc problem have been euthanized. The surgery Mango underwent is novel for bears, though it's often performed on small dogs.

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MetroTube

Watch this guy touch the sky



ANDREW
FIFIELD
metronews.ca

Fighter pilot tends to join gigs like astronaut and race car driver on the list of cool jobs many of us, at least once, said we'd have when we grew up.

Of course, life intervened and shuffled most of the many onto other career tracks while the few stuck it out long enough to achieve the white-knuckle life.

We don't know if the younger version of photographer Blair Bunting had similar dreams, but at least he got to take to the skies in a USAF Thunderbirds F-18 for one day. And his cooler-than-ice handling of it was all captured on rather dizzying video.



SCREENGRAB

(Via Jaron Schneider on YouTube)

If you can't stand the beat, better get out of the kitchen

Prairie Kitchen Party.

Annual concert with roots as a private jam session brings down-home feel, major talents



BACKSTAGE PASS

Jared Story
winipeg@metronews.ca

The West End Cultural Centre presents its annual Prairie Kitchen Party on Saturday. Hosted by singer-songwriter Emma Cloney, fiddler Patti Lamoureux and multi-instrumentalist Jeremy Rusu, the event started five years ago on Cloney's horse ranch in Warren, Man.

"I don't live there anymore, but we used to throw these big kitchen jams," Cloney says. "Every time we did it there were more people and more diversity of music. At some point Dan Frechette (a Winnipeg musician) said 'We should get an audience in front of this.' There's so much talent here in Manitoba and it's so diverse, it was like an indoor folk festival in my living room."

Seeing the party's potential, Cloney and crew booked the West End, bringing PKP to the stage in 2011.

"A lot of people talked to us after and said it was unlike any other show they'd been to, where it wasn't so much about just being a voyeur to the music but that the interaction with the audience made it feel like they were



Emma Cloney is one of the Manitoba musicians behind the West End Cultural Centre's Prairie Kitchen Party. CONTRIBUTED

actually sitting in and around the kitchen and living room, enjoying these musicians,"

Cloney says.

To create a homey vibe, the musicians bring in a full-sized

country kitchen and invite special guests to the stage, this year's company being

Winnipeg folk trio Red Moon Road.

For spontaneity's sake, Cloney said the musicians hardly rehearse for the show. That could be a recipe for disaster, but not when you have musicians as capable as Lamoureux, a three-time national fiddle champion, and Rusu, a blind-since-birth musical wunderkind who plays piano, clarinet, drums and according to Cloney "anything with strings."

"He can play the fiddle but he can't bow the fiddle, so he and Patti have worked out this arrangement where she does the bowing and he does the finger work," Cloney says. "They play at 200 miles an hour together in unison on one fiddle."

From working together to working out together, since last year's PKP, Cloney and Lamoureux have lost a combined 200 pounds.

"The cooks in the kitchen are way skinnier now," Cloney said.

"Looking at the photos from Patti last year to this year is uncanny. She's dropped 120 pounds in a year. I heard tell that she might actually be showing some leg this year."

Details

PKP goes down at the West End Cultural Centre on Saturday. Tickets are \$15 at the WECC, Music Trader, Winnipeg Folk Festival Music Store and Ticketmaster or \$20 at the door. Showtime is 8 p.m.

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Remembering a Canadian storyteller

Farley Mowat.

Author was outspoken about many social, environmental issues

Canadian author Farley Mowat, a master storyteller and tireless defender of nature and wildlife, has died at age 92, his assistant confirmed Wednesday.

From the time he was 13, Mowat was fiercely dedicated to writing about the natural world. As a young teen he started a magazine called Nature Lore and had a column in the Saskatoon Star Phoenix.

He went on to write some 40 books, many based on his own adventures and travels. He said he was lucky to be able to combine his two passions, writing and nature, calling it "the only subject I really want to write about."

Throughout his life, Mowat was adamant that humans learn to live in harmony with the natural world.

"It's a matter of survival," he told The Canadian Press in a 2006 interview. "Either we

learn to do this, or we cease to exist. We have no God-given right to survive forever. We have screwed up so badly in so many ways so obviously that only utterly stupid species would consider that we have much of a future, as things stand.

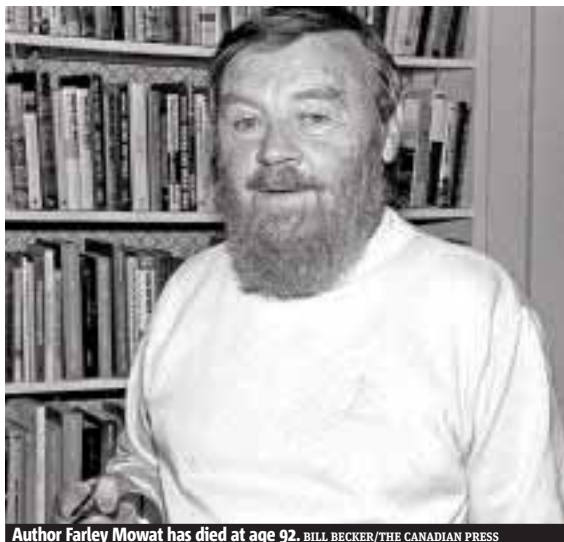
"Only by recognizing how far off track we've gone are we likely to be able to recover our footing and carry on."

One of his most famous books, *Never Cry Wolf*, is said to have changed the way people saw wolves; after the Russian version was published, the government there even banned the killing of one of Mowat's favourite creatures.

Mowat was born in Belleville, Ont., in 1921. The son of a librarian, he grew up in Windsor, Ont., and Saskatoon. He studied at the University of Toronto. His novels and other non-fiction works have been translated into more than 20 languages.

A remarkable storyteller, Mowat said the pleasure he got from writing was paramount.

"My motives have been selfish in a peculiar way," he said,



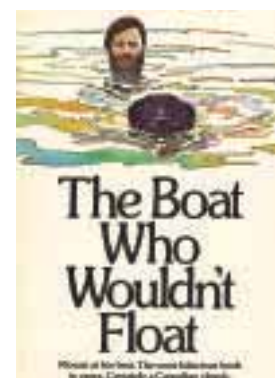
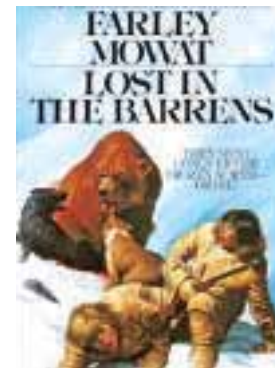
Author Farley Mowat has died at age 92. BILL BECKER/THE CANADIAN PRESS

"not to attempt to gain recognition, fame, to become an icon, to become a Conrad Black or somebody like that, but simply to satisfy my own appetite for good stories."

He was awarded the Queen Elizabeth II Jubilee Medal in 1956, the Governor General's

Award for *Lost in the Barrens* in 1956, the Leacock Medal for Humour for *The Boat Who Wouldn't Float* in 1970, the Order of Canada in 1981 and a Lifetime Achievement Award from the International Fund for Animal Welfare in 2003.

THE CANADIAN PRESS



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George Clooney ALL PHOTOS GETTY IMAGES

Just call him groomzilla? George is set on walking down the aisle this fall

If you think George Clooney's surprise engagement to Amal Alamuddin came quickly, just wait until the save-the-date cards go out. Clooney is reportedly wasting no time in tying the knot, with a fast-approaching wedding date, according to Radar Online.

"The wedding is to take place in September," a source says. "They've told family

and friends they will only disclose the location at the last minute, and it will be very private. Neither George nor Amal want the wedding to be a public affair — and her family doesn't, either."

And the wedding isn't the only bit of planning on the fast track, as Clooney and Alamuddin "definitely want kids ASAP," the source says.

Biebs cozies up to Miami model after spotting her on Instagram

Justin Bieber's on-again, off-again relationship with Selena Gomez must really be off again, as the pop star apparently has been cozying up to 18-year-old Miami-based model Yovanna Ventura, according to E! News.

Bieber apparently first spotted Ventura on Instagram and reached out to her, meeting up with her when he was in Miami in April and then this month in Las Vegas before heading to



Justin Bieber

L.A., where they were spotted acting "like a couple" on the Venice Beach boardwalk.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Tabloid pays price for J.K. Rowling 'sob story' claim

A British tabloid has apologized and paid damages to Harry Potter author J.K. Rowling over an article about her time as a single mother.

Rowling brought a libel case against the Daily Mail after it alleged in an article in September that she told

a false "sob story" on how people at her church stigmatized and taunted her for being a single mother on welfare. The newspaper report was based on an essay Rowling wrote for a charity describing her experiences some 20 years ago.

The paper printed an apology Wednesday stating that Rowling in fact did not make any false claims. The paper said it had agreed to pay "substantial damages" and legal costs to Rowling, who will donate the money to charity. **THE ASSOCIATED PRESS**



Miley Cyrus

Miley recovering from sudden illness with 'crazy honey and lavender'

Miley Cyrus is just fine, y'all. The Wrecking Ball singer resumed her world tour in London after a sudden illness landed her in the hospital and caused her to cancel dates for three weeks.

But before she took to the stage, Cyrus wanted to make sure everyone knew that reports she'd suffered a drug overdose were false. "I didn't have a drug overdose. I took some s---ty antibiotics that a

doctor gave me for a sinus infection and I had a reaction," she said at a press conference at London's O2 Arena before her return performance. "I'm feeling good, I'm alive — so that's f---ing awesome. I'm the poster child for good health." She's even taken drastic steps to maintain her health: "I'm on this crazy vitamin rush and crazy honey and lavender. I learned a lot about taking care of myself."

Twitter



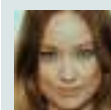
@JamesFrancoTV

"50 shades of batman and robin w/ Spider-Man"



@pattonoswalt

Totally just saw the green dragon from GAME OF THRONES drinking at Little Dom's.



@oliviawilde

This year, instead of attending the "Met Ball", I leaked milk, and ate an entire napkin while inhaling a felafel.

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Tips from the lips of an Angel

Model management.

From hot-power yoga sessions to facial massages for breakouts, Lindsay Ellingson shares all her tricks

ROMINA
MCGUINNESS
Metro World News

We've all had those moments: You want to get rid of bloat in a week's time for a big event or need to turn your complexion around in 24 hours for a big job interview. With a long list of big-time catwalks including Chanel, Chloé and Prada, and five years as a Victoria's Secret Angel under her belt, model Lindsay Ellingson has become a master at solving a beauty problem quickly. She reveals some of her tricks for looking fresh:

Start on the inside

"You can just tell when a girl looks sick or is too thin. I get light-headed and my energy fades. It's good to eat lots of clean, hearty meals so that you're not starving yourself — something like chicken, sweet potato and broccoli. I don't like putting food in my body that makes me feel toxic, so I always carry almonds in my purse. I'll eat a cheeseburger if I want one, but I'll just balance it out with a green juice. I eat less sugar, it just helps my skin glow and stops my energy levels from spiking."

Put the Starbucks runs on pause

"I love cold-pressed, iced black coffee but caffeine is dehydrating so I drink Kusmi Detox tea instead."



CONTRIBUTED

Add some heat to your yoga

"I've been doing hot power yoga four times a week and feel more toned than ever. It's not as hot as Bikram — I tried that once and almost passed out! Be in tune with your body and listen to it — if you're tired, it's OK to rest."

Hydrate well, inside and out, to fake a solid night's sleep

"I need about nine hours of sleep but I've learned to function with much less. I would fly overnight to Milan, arrive in the morning and go straight to 14 appointments — that's your job. So I started to sleep with an eye mask or take some melatonin (during flights). And drink lots of water. When you wake up dehydrated, your skin feels horrible. So I would put on the SKYN Iceland Hydra Cool Firming Eye Gels, roll an ice cube around my eye zone and spritz my face with the Heritage Store Rose Petals Rosewater — it helps me look awake"

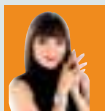
When all else fails, copy the makeup artists

"I've definitely arrived super tired and broken out on the last day of the Paris shows. Thankfully the makeup artists are amazing when it comes to erasing signs of fatigue. They'll give a face massage using the Embryolisse Lait-Crème Concentré face cream to increase the blood flow to your face and use eye drops for extra sparkle. I also like to use Ling Drying Lotion on a pimple at night and it'll be gone by the time you wake up."

3 TIPS

PLUS
HOMES

Twitter



JEANNE
SPACE
Jeanne Beker
life@metronews.ca

TWITTER ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



Ready to strut it! Backstage @TorontoFashion #NewLabels show



Lunch with @LaureenHarper at 24 Sussex Dr to brainstorm ideas for CDN Centre for Child Protection. NeedHelpNow.ca

The latest Accuweather forecast is predicting a cool summer after this insane winter, but let's not let that stop us from thinking about swim-suit season. Go online to Trends Report to see the latest styles in long-sleeved swimwear, and let me know, would you choose a sleeved suit over a barely there bikini?



- Online. Follow Irene on Twitter at @MetrolreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo via Getty Images



Plum-struck makeover

Colour creates a living room with style. One reader with just a sofa gets some affordable decor suggestions



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Q: My small living room has a new sofa with neutral wood floors and walls. I'd like the room to have some colour added but look relaxed and organic.

— Trisha, via email

A: Start by choosing another neutral colour to help accent the beige tones in the room.

I suggest a soft stone-purple colour; it comes in many tones and layering it will give it an organic look.

A patterned area rug will help add some life to the room while adding a statement chair will help to define the new colour in the room.

If introducing more of the warm beige colour, then

bring it into the room with texture — you have more than enough smooth beige filling the room!

Here's a storyboard of products that I think would enhance your living room without breaking the bank.

BEFORE: A beige room needs some colour and accessories



Magic carpet

Tie-dyed patterns create an organic look while incorporating all the colours of the room. All wool 8x10-foot carpet, \$460, eCarpetGallery.com



Wing it

A tall fashionably coloured chair is perfect in the corner of the room. Luxe Wind Chair, \$1925, CrateAndBarrel.com

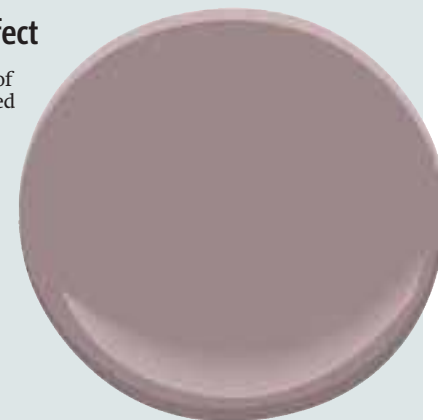


Jute your fancy

It's a footrest or place to perch. Jute rope Pier Pouf, \$129, UrbanBarn.com

Paint perfect

A focal wall of colour painted behind the sofa will add drama to the all-beige room. Cinnamon Slate 2113-40, Benjamin-Moore.ca



Grain power

Two organic images printed on birch wood veneer hung side-by-side would be the perfect proportion over the long sofa. Old Wood 28x36-inch print, \$249, WestElm.com



Feather your nest

Modern and natural style pillow with long feathers printed on velvet. Micro Velvet Feather Cushion, \$15, Simons.ca

'Round the table

Simple in form yet with the look of a well-travelled accessory, this table adds exotic flair. Moroccan Coffee Table, \$399, PotteryBarn.com



metro

MOTHER'S DAY GIFT GUIDE

Thursday, May 8, 2014

Mom deserves special thought

KATHY
BUCKWORTH
For Metro

Mother's Day is supposed to be a day of celebration and gift giving — everything from handmade cards from the kids, to more expensive glittery items from grateful dads.

But some gifts can cause more stress and guilt than joy. Things like:

- The workout equipment/gym clothes/personal training sessions for the mom who hasn't had the chance or inclination to work out for a number of years. The remind-

er that she needs to get off the couch can be a harsh one. Suggest instead a bike ride or a family hike.

- A new blender/mixer/toaster oven or other small appliance for the mom who really doesn't want to spend any more time in the kitchen than she already does. This is going to make her feel bad about cluttering up the counter and not using the appliance.

- Gift cards are a terrific choice if mom likes to visit and shop at that particular place, but not if it is a hassle for her to get there with the kids. Think before choosing



Take extra time and think about what you are going to get your mom for Mother's Day. SHUTTERSTOCK

(giftofchoice.ca has a huge selection).

- A spa treatment sounds wonderful, but isn't for everyone. Not all women enjoy spa treatments to begin with, and

those who do often can't indulge because they can't find a sitter for the kids or time in their schedule. Make sure the treatment is wanted, book the sitter, and get it in her sched-

ule so she doesn't feel the gift card expiry guilt.

- Clothing can be tricky for those who aren't used to buying it for someone else. If you get a size too small you

might be inferring she needs to lose weight; a size too big could mean you think she is bigger than she is. Check labels and sizes of favourite clothes before shopping.

Ask for the gift of time by outsourcing your to-do list

KATIE
BUGBEE
For Metro

As moms, we often hold the very important, yet often unnoticed role of Chief Household Officer.

We keep track of calendars, homework, maintenance appointments, product-purchases, doctors, sports practices, games and play dates. We also clean, organize, cook, bake, disci-

pline and comfort. This is often on top of another full-time job — one that actually pays bills.

And while it's all incredibly rewarding, when do we actually have time for ourselves through all this?

And when do we have time to just stop and play with our kids — without thinking of all the "work" that needs to be done? The simple answer is, we don't.

Wouldn't it be great if

some of those tasks were already done? Or we could let ourselves off the hook for not doing them?

This Mother's Day, ask for the gift of time. But here's the kicker, it doesn't have to be on the actual day. This day can still be about cuddling and embracing the beautiful faces we created. Time back in our lives can be in the form of asking for an extra set of hands.

Whether those hands

are attached to a child, a spouse, a parent or a hired helper, outsource a task such as weekly cleaning (get a housekeeper), laundry (ask the housekeeper or babysitter), regular date nights (hire a sitter you love) or project outsourcing (hire an organizer to take over the playroom, laundry room and pantry).

KATIE BUGBEE IS THE SENIOR MANAGING EDITOR AND RESIDENT GLOBAL PARENTING EXPERT OF CARE.COM.



Add delegating to mom's list of tasks. Ask for help and enjoy time spent with the kids without having to worry about work that has to be done. SHUTTERSTOCK

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A special day to pamper mom

JANINE
FALCON
For Metro

We have rounded up a selection of covetable skin care, fragrance and makeup we think would go beautifully with that pretty bouquet of

flowers you have already picked out for the best mother in the world.

The Schwarzkopf Professional Ceramic Hair Dryer cuts drying time by 50 per cent. \$215 at schwarzkopf.com for salons. This tangle-proof 3D Speed Brush by Hot Heads also cuts dry time and boosts shine. From \$18, delineation.ca.

Caudalie Polyphenol C15 packs a powerful antioxidant punch coupled with a potent dose of brightening vitamin C. Anti-Wrinkle Protect Fluid, \$52; Serum, \$66; Eye and Lip Cream, \$52. All at Sephora, sephora.com.

Fresh Black Tea Instant Perfecting Mask is a deliciously cooling, hydrating whipped texture that leaves skin feeling wonderfully fresh. \$88 at Sephora, sephora.com.

The Clarisonic Aria Cleansing System, newly available in cheerful hot pink, has three speeds for its complexion-perfecting sonic action.



\$225 at Hudson's Bay, Sephora and Shoppers Drug Mart. Mom's already all set with a unit? The new **Clarisonic Luxe Facial Brush Cashmere Cleanse** is a satiny-soft, dual-brush replacement head that fits all models. \$36 at Sephora, sephora.com.

Diptyque Geranium Odorata is a free-spirited blend of geranium anchored bergamot, green cardamom, cedar and vetiver. \$118 at Holt Renfrew, holtrenfrew.com.



knit fabric Mademoiselle Chanel made chic in 1916. \$200.

The limited-edition **Bellavance x Burt's Bees Lip Balm Roll** by design duo Bellavance includes two tinted balms and two shimmers. Proceeds to Pollinator Partnership of Canada. \$20 at burtsbees.ca.

Philosophy Amazing Grace Firming Body Emulsion tones skin with conditioning shea butter and nourishing oils, \$44. The lovely feminine floral with a hint of musk now comes in a purse-friendly **Perfume Roll-On**, \$25. Both at Sephora, sephora.com.



St. Tropez Self Tan Luxe Dry Oil bestows skin with a gorgeous, subtle gleam, delicate scent, and a fresh-off-the-yacht sun-kissed glow with daily use. \$60 at Sephora, sephora.com.

WaySpa gift cards help give mom some much deserved spa-pampering time. Added genius — digital versions are an option if you have left your shopping a bit late. Available at wayspa.com.



Yves Saint Laurent Oriental Collection Supreme Bouquet is an exotic, heady floral blend of tuberose and jasmine sambac with warm amber-woody accord. \$230 at select Holt Renfrew and Hudson's Bay stores.

Les Exclusifs de Chanel Jersey Extrats is the new perfume edition of the elegant scent interpretation of the



Clockwise, from top left, St. Tropez Self Tan Luxe Dry Oil, \$60; Diptyque Geranium Odorata, \$118; Yves Saint Laurent Oriental Collection Supreme Bouquet, \$230; the Schwarzkopf Professional Ceramic Hair Dryer, \$215, and 3D Speed Brush by Hot Heads, \$18; WaySpa gift cards; Les Exclusifs de Chanel Jersey Extrats, \$200; Clarisonic Aria Cleansing System, \$225; Philosophy Amazing Grace Firming Body Emulsion, \$44; Fresh Black Tea Instant Perfecting Mask, \$88; and Caudalie Polyphenol C15 Anti-Wrinkle Protect Fluid, \$52, Serum, \$66, Eye and Lip Cream, \$52.



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Gifts galore

Perfect Mug, \$19.50, available at DAVID'sTEA stores across Canada and davidstea.com.



Sunglasses, \$24.99, available at Marshalls, marshallscanada.ca.



Border Floppy Hat, \$34.95, available at GAP, gapcanada.ca.

Lemon Print Canvas Tote, \$95, available at Banana Republic, bananarepublic.ca.



Stella & Dot Coral Cay Necklace, \$104, available at stelladot.com.



Pebbled Italian Leather Bag, \$189.99, available at Winners, winners.ca.



Zip Clutch, \$29.99 each, available at Sears locations across Canada and sears.ca.



essie, Spring Collection, \$9.99 each, available at professional salons and leading retailers across Canada.



Escada Born in Paradise Eau de Toilette, various sizes and prices, available at Hudson's Bay, Sephora, Shoppers Drug Mart, Jean Coutu, Sears, Murale and Escada boutiques nationwide.



Happy Mother's Day!

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so good

Make a gift, just like when you were little

Homemade treasures. Something old can be new again with help

MANISHA
KRISHNAN
For Metro

When Brittany Hopkins was trying to think of a name for her jewelry boutique, there was really only one that

made sense.

"My grandma is such an inspiration for me," said Hopkins, who settled on Anice Jewellery, named after her stylish matriarch.

"She's a very fearless woman with her style and expression." Hopkins grew up in Edmonton, watching her grandmother wear huge statement pieces and things that didn't match at all but still looked amazing.

Now at her Kensington Market shop in Toronto, Hopkins is helping others create those perfect, one-of-a-kind pieces to honour the women in their lives. It's particularly perfect for Mother's Day.

Far from a run-of-the-mill jewelry store, Anice is based on the idea of mixing old and new. Items from a "treasure drawer," including vintage pendants, trinkets, fabric, hardware and anything the

customer brings in from home are mixed with new chains, beads and stones. Have an old family heirloom or a broken brooch that's been sitting around forever? Hopkins can give them new life in the form of a necklace, bracelet or earrings.

For an extra personal Mother's Day gift, one can assemble a piece and attach to it a brass or silver tag engraved with a meaning-

ful word, phrase or initials. There are also sterling silver heart rings that can be stamped.

Or, bring in a piece of jewelry that's special to mom and have it reworked into something new.

Hopkins is also offering two Mother's Day workshops (\$20 plus materials) for the second year running. It's a chance to come in with mom and spend the after-

noon making jewelry over mimosas and treats.

"It's a really cool way to spend time with your mom other than just going for brunch," said Hopkins. If you can't make it on that day, workshop gift certificates are also available — a two-hour Girls Night Out for four is \$150, wine included.

Moms, says Hopkins, are the ideal recipients for creations made at Anice.

"When you're growing up in school everybody makes Mother's Day gifts. So the idea of coming into the store and being able to make your mom something and go back to that crafty time in a much more elegant way is something that we're really honing into."

There are materials at the store to suit every taste — from birthstones, Swarovski crystals and freshwater pearls to bullet casings and nuts and bolts.

"Amongst those drawers you've got such a variety," said Hopkins.

Popular sellers include long necklaces, with detailing in the chain itself as well as the less unconventional hand chains and headpieces.

Prices range from \$30-\$80 for bracelets; \$45-\$200 for necklaces; and \$30-\$70 for earrings, but Hopkins said every budget can be accommodated.



Mom makes everyone in the family shine. Now it's her turn. CONTRIBUTED



Anice Jewellery mixes family trinkets with new finds. CONTRIBUTED

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MOMs
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Creativity is key. CONTRIBUTED

It's the first Mother's Day for a new mom — make it count

Ask any new mom what she'd like this Mother's Day, and she'll likely ask for a few extra hours of sleep. Between feedings, diaper changes and interrupted nights, most mothers of newborns can use all the help they can get.

If you have a new mom in your life, help make her first Mother's Day one that she'll always remember. Canadian lifestyle expert, Janette Ewen, offers these tips for choosing gifts for a new mom:

Time is precious. If you arrange something like a cleaning service, the delivery of groceries, or a qualified baby-sitting service, you will surely ease the workload and put a smile on her face.

"Even volunteering a few hours to empty the dishwasher and fold some laundry can be a huge help for parents of newborns," Ewen said.

Make her feel special. How about a gift card that

ensures she takes time out for her body, mind, and soul? A voucher for a pedicure or hair appointment makes her feel pampered, and it also gives her some much-needed alone time.

Celebrate special milestones. If you prefer to give her a keepsake to honour her first year as a mother, a gift of jewelry may be just the thing.

"Pandora Mother's Day collection of charms, state-

ment rings, pendants, clips and earrings are all symbols of motherhood," said Ewen.

"Why not start a charm bracelet, so you can continue to add to it in years to come? Motherhood is filled with milestones, so imagine if the first sterling silver charm is the new baby girl or baby boy charm. One of my favourite gifts for a new mom is a sterling silver letter pendant with the baby's initial," said Ewen.

NEWS CANADA



Show appreciation to a new mom and spoil her. SHUTTERSTOCK



One company, the Bouquet House, offers a creative spin on a timeless gift. COURTESY MARIUSZ LASOCHA/HEAVEN MEETS EARTH PHOTOGRAPHY



Toy Florist creates animal-shaped flower arrangements. CONTRIBUTED



Give mom a bouquet that not only will last, but that she will cherish long after her big day. COURTESY CHERRYCORTEZ.COM

Gift of flowers gets jazzed-up

Customized creations. Some shops can make unoriginal gift special with crystals or into personalized animal

MANISHA KRISHNAN
For Metro

Flowers are a Mother's Day staple for a reason: They're beautiful.

But they're also admittedly not the most original gift idea. But fear not, there are plenty of ways to spruce up mom's bouquet this year, and some of them don't even involve plants.

Becky De Oliveira, creative director and owner of Toronto's Blush & Bloom Flower Studio, suggests choosing a unique vessel for a floral arrangement.

"Antique crystal or China, brass, or anything that she can reuse afterward and perhaps add to a collection," she said.

For an extra DIY flair, grab local blooms by stem and arrange them yourself.

Other tips from De Oliveira include choosing blooms that are in season — tulips, hyacinth, flowering branches — mixing up varieties and textures and adding lots of greenery.

"Add some pretty filler or foliage to the bouquet to make it interesting and add texture. This also makes it look less like you just grabbed something in line at the grocery store," she said.

If you want to turn the bouquet into a fun project, consider picking up one of Botany Flowers' DIY terrarium kits. It includes everything needed to build a custom terrarium, including vintage crown mason jars, soil, sand, stones, moss and miniatures.

Over at Toy Florist in Toronto, you can create a bouquet in the likeness of a teddy bear or a dog, cat, whale — pretty much any other animal that mom adores. Arrangements are made out of fresh flowers, typically chrysanthemums.

"Most people have not received a present like this before, so it's the first time they get a teddy bear made of flowers and they'll remember it," said owner Adalat Aliyev.

The arrangements stay fresh for up to two weeks and can be customized depending on personal preferences.

"You can make a teddy bear that looks like a baker with a baker hat," says Aliyev. Or use flowers in mom's favourite colours.

Tara Murney offers more permanent keepsakes with her blinged-out creations.

Murney's company, the Bouquet House, specializes in "alternative bouquets" made out of fabric and jewelry. Crepe paper and silk can be transformed into tulips, roses, peonies and adorned with brooches, feathers, fabric, seashells, buttons and Swarovski crystals.

"Anything you hand me, I can make into a beautiful bouquet," said Murney.

Murney, a wedding planner by trade, said people tend to spend a lot of money on flowers that die, unlike her bouquets.

"It's a keepsake. You can put it on display at home, you can keep it forever, you can incorporate your own jewelry or pieces from your mother."

There's no limit to personalization either. Murney can use colours with significance or engrave sterling silver pieces with quotes or initials and hang them off the bouquet.

A typical brooch bouquet costs \$500 but Murney says you get what you pay for.

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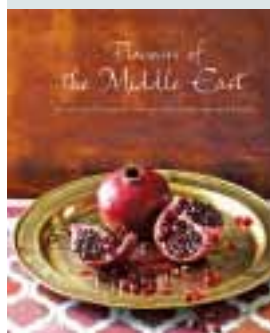


**TOTAL
TIME
ABOUT 25
MINUTES**

Bite into the intense flavours of Palestine

Cookbook of the Week

A culinary Middle Eastern trek



Flavours of the Middle East by Ghillie Basan showcases dishes you would encounter should you travel the ancient lands of the region.

With feature spreads profiling the essential ingredients and more than 60 authentic recipes, the book makes it easy to prepare exotic fare at home.

You'll start with appetizers like Hot Hummus with Samna, make your way to main courses with Poached Fish with Saffron, throw in some veggies like Fried Carrot and Fennel and end with sweets like Noah's Pudding. **METRO**

Chicken, Onions and Sumac with Pitta Bread. These bites are often served as a tasty and tangy street snack by tucking the ingredients into a pouch

"This simple and tasty snack was first introduced to me as a Palestinian peasant dish and, although I have enjoyed several variations since then, it is the Palestinian version that has remained in my memory," writes Ghillie Basan in Flavours of the Middle East.

1. Preheat the oven to 180 C (350 F)

2. Heat the olive oil and butter in a heavy-based pan and stir in the onions. When they begin to soften, add the garlic and fry until the onions turn golden brown.

3. Add the chicken and cook for 2-3 minutes, before stirring in most of the sumac, cardamom and baharat mix.

4. Add the lemon juice and cook gently until the chicken is tender but still juicy. Toss in most of the pine nuts and parsley and season to taste with salt and pepper.

5. Place the pita halves on the prepared baking sheet. Pop them in the preheated oven for about 10 minutes to toast them. Fill the toasted pouches with the chicken mixture, top each one with a dollop of yogurt and scatter the reserved sumac, pine nuts and parsley over the top. Serve immediately.

RECIPES FROM FLAVORS OF THE MIDDLE EAST BY GHILLIE BASAN (RYLAND PETERS AND SMALL, \$35.95; RYLAND-PETERS.COM)

Ingredients

- 2 tbsp olive oil with a knob/pat of butter
- 2 onions, sliced
- 2-3 garlic cloves, crushed
- 700 g (1 3/4 lbs) chicken breasts, cut into bite-size strips
- 2-3 tsp ground sumac
- 1 tsp crushed cardamom seeds
- 1-2 tsp baharat mix
- freshly squeezed juice of 1 unwaxed lemon
- 2 tbsp toasted pine nuts
- a small bunch of fresh flat-leaf parsley, finely chopped
- sea salt and freshly ground black pepper
- 4 pita breads, halved cross-ways to form 8 pockets
- 4 generous tbsp thick, creamy yogurt
- baking sheet, lightly oiled

This recipe serves four. STEVE PAINTER

For your phone

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Intuitively create grocery shopping lists with this auto-complete system that colour-codes items by aisle and then share in real-time (complete with changes) with friends and family. **KRIS ABEL**

Snack. Halloumi with Figs, Olives and Zahtar

1. Heat the oil in a heavy-based saucepan. Add the halloumi and fry for 4-5 minutes until golden-brown all over. Drain on paper towels.

2. Tip the halloumi onto a serving dish, scatter the sliced figs and olives over and around it and drizzle the grape molasses over the top. Sprinkle with zahtar and a little salt to taste and serve immediately, while the halloumi is still warm, with wedges of lime to squeeze over it.

Ingredients

- 3-4 tbsp olive oil
- 250 g (8 oz) plain halloumi, well rinsed and cut into thin, bite-size slices
- 4-6 dried figs, cut into thin slices
- 2 tbsp crinkled, fleshy black olives
- 1-2 tbsp grape or date molasses
- 1-2 tbsp zahtar
- a sprinkling of sea salt
- 1 lime, cut into quarters



This recipe serves four people. STEVE PAINTER

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NBA playoffs

Hibbert gives critics monster game to chew on

Roy Hibbert broke out of his playoff funk with a season-best 28 points and nine rebounds, leading the Indiana Pacers to an 86-82 victory over the Washington Wizards on Wednesday that tied the Eastern Conference semifinals at 1-1.

It was a stark contrast to Hibbert's abysmal, scoreless showing in Monday night's loss — and most of this year's playoffs.

But after hearing 48 hours of constant criticism, Hibbert responded with the kind of game Indiana desperately needed. He made his first four shots and dominated the middle.

Game 3 is Friday in Washington.

THE ASSOCIATED PRESS

Metro poll

Which Cup-less vet needs it most?



After 18 full seasons in the NHL, Jarome Iginla is hoping to hoist his first Stanley Cup with the Boston Bruins. Scan the image with the Metro News app to pick which veteran you want to see win hockey's top prize.

JARED WICKERHAM/GETTY IMAGES



Team Canada midfielder and Winnipeg native Desiree Scott warms up during practice in Winnipeg on Wednesday. JOHN WOODS/THE CANADIAN PRESS

Canada-U.S. foes face off in friendly

Women's soccer.

Matchup could be a preview of Women's World Cup final

Hometown girl

"I think it's going to be the Desi Scott show (Thursday) ... I think the whole of Manitoba's going to come and see her in action ..." Coach John Herdman

Some played together in college, others may have played on the same professional teams, but Thursday evening those friendships get pushed aside as Canada once again tries to beat the United States in women's soccer.

It's something the Canadians haven't managed since 2001 but this time they'll have

a home crowd edging close to 30,000 to cheer them on at Investors Group Field, the home of the Winnipeg Blue Bombers.

"It's a game that Canada won't dominate," Canadian coach John Herdman said Wednesday after their final practice before the game.

"We're not going to have 700 shots and 700 crosses, so

the fans have got to be ready to really get behind us when we need (them). We know these games are always tough tight games, hopefully."

In club and varsity soccer, Canadians and Americans play side-by-side. Canadian captain Christine Sinclair, for example, is an attack partner of American star Alex Morgan on Port-

land Thorns FC of the National Women's Soccer League.

But internationally it's a different story as the neighbouring countries have developed a strong rivalry. Canada is ranked seventh in the world in women's soccer and the U.S. sits at No. 1, but American midfielder Lauren Holiday suggests those numbers don't necessarily reflect the way things play out on the field.

"Every game is such a battle, you never know who's going to win," says Holiday. "Every time we play them it's such a fierce competition that ... anything can happen." THE CANADIAN PRESS

Poised Penguins pull away from Rangers



Chris Kunitz of the Penguins celebrates his third-period goal with Sidney Crosby in second-round action in New York City, Wednesday. BRUCE BENNETT/GETTY IMAGES

Brandon Sutter scored a short-handed goal to break a second-period tie, and the Pittsburgh Penguins moved within one win of the Eastern Conference final with a 4-2 victory over the New York Rangers on Wednesday night.

Pittsburgh, which has won three straight following a series-opening loss, can advance with a Game 5 victory at home Friday night.

Evgeni Malkin scored 2:31, and Jussi Jokinen made it 3-1 at 7:02 of the third before the teams traded late goals. Marc-

Game 4

4

Penguins

2

Rangers

Andre Fleury stopped 13 shots.

The only negative for the Penguins was that Fleury allowed a goal for the first time in three games. Carl Hagelin's tying tally in the second per-

iod was the Rangers' first goal in 145 minutes, 30 seconds of playing time.

Mats Zuccarello backhanded in a goal with 6:53 left to cut the Rangers' deficit to 3-2, on only their second shot of the third, but Chris Kunitz restored Pittsburgh's two-goal edge 57 seconds later. Henrik Lundqvist made 23 saves in the loss.

The weary Rangers played for the sixth time in nine nights, and not even a full day of rest on Tuesday or the return of forward Chris Kreider helped them. THE ASSOCIATED PRESS

4 SPORTS

Weather

TODAY



MAX: 10°
MIN: 6°

FRIDAY



MAX: 15°
MIN: 6°

SATURDAY



MAX: 17°
MIN: 4°



JENNA KHAN
WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



The stars have aligned. It's time to put your doubts behind you and get the vehicle you deserve. It all starts with a call to Birchwood Credit Solutions.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

7	1	8	3	9	2	5	5	4
5	9	3	8	4	1	2	6	7
2	4	8	7	5	6	1	3	5
1	6	9	4	2	3	5	7	8
3	6	2	5	1	7	9	4	6
4	5	7	9	6	8	3	2	1
6	3	1	2	7	9	4	8	5
8	7	5	1	3	4	6	9	2
9	2	4	6	8	5	7	1	3

5	9			8	1			7
			4				8	3
				7				
	8		6				4	
		9				3		
	2				8		5	
				1				
7		4			5			
8			2	6			7	9

Horoscopes

Aries

March 21 - April 20

You're not the kind to turn away someone who is down on their luck, but watch out you don't get conned by a sob story. Sadly not everyone is as honest as you, so check facts before thinking of parting with cash.

Taurus

April 21 - May 21

You may be a bit hesitant and suspicious today but that's okay. The thing to remember is that the cosmos is very much on your side at the moment, so you can afford to take a risk — or not, as you see fit.

Gemini

May 22 - June 21

If you don't feel like socializing today, don't force yourself. You are entitled to your own space and if others find that hard to understand then they are not very smart. Give yourself some time to meditate on and plan for the future.

Cancer

June 22 - July 23

No matter what happened and who was to blame there is no point regretting what happened yesterday because you can't go back and change it. What you can do is to make tomorrow better.

Leo

July 24 - Aug. 23

It's good that you know how to be assertive but the planets warn you must not go too far. If you break the rules over the next 24 hours, someone higher up the ladder than you will make you pay for it.

Virgo

Aug. 24 - Sept. 23

You have absolutely nothing to worry about but for some strange reason you have this feeling of impending disaster. Ignore it. Most likely it is just your mind playing tricks on you — and even if it isn't, what happens will be no big deal.

Libra

Sept. 24 - Oct. 23

Whatever else you do over the next 24 hours don't cut corners or break rules, because you won't get away with it. Resist the temptation to do anything dishonest, not just because it is dishonest but also because you really don't need to.

Scorpio

Oct. 24 - Nov. 22

The Sun in your opposite sign of Taurus means, among other things, that you have to put up with people who annoy you. Don't be tempted to argue with them because if you do, the situation may get out of hand.

Sagittarius

Nov. 23 - Dec. 21

Don't think badly of yourself if you have to admit that you have failed to reach a target of some sort. The fact is you tried — when so many other people never even get started — and that alone makes you some kind of hero.

Capricorn

Dec. 22 - Jan. 20

Most things seem to be going well for you and that's good, but the planets warn you must not get too content and drift along without trying. When things are going good, you should be aiming for great.

Aquarius

Jan. 21 - Feb. 19

Don't worry if you lose out in some way over the next 24 hours because you will more than make up for it later in the month. If something seems to be slipping from your grasp just let it go. Change is always good in the long-term.

Pisces

Feb. 20 - March 20

Steer clear of disputes that have nothing to do with you. The more others try to draw you into an argument, the more you must keep your distance. That applies especially to friendships and money — they don't mix. **SALLY BROMPTON**

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Barry Uranick

Financial Services Manager
Salter Street Location



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BY KELLY ANN BUCHANAN

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?

?

?

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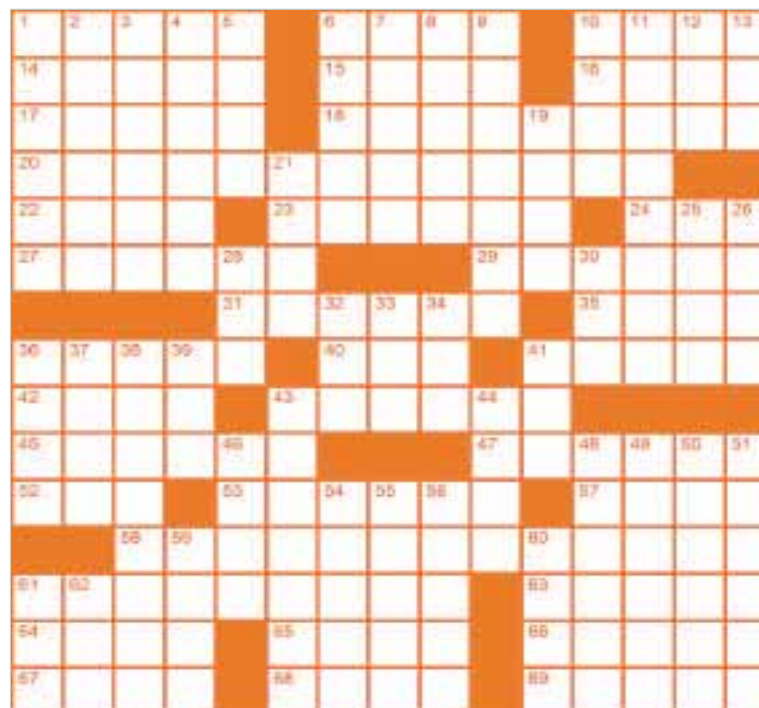
Yesterday's Crossword



Crossword: Canada Across and Down

Across

1. "Hey! I bet you can't..." say
6. Basketball: Miami
10. Caesar's 2101
14. Singer Ms. Cara
15. Paris pronoun
16. Mil. school
17. Georgia, for one
18. Is there any of 'it' out 'there' somewhere?: 2 wds.
20. Montreal-based UN Agency... ICAO = International _____ Organization
22. Conniver
23. Minify
24. "Conan" cable network
27. Current
29. Official study
31. Patrick ____ (Zoe Saldana's Canadian co-star in NBC's miniseries adaptation of #58-Across)
35. "Makes sense.": 2 wds.
36. Chesterfields
40. Ms. Hagen
41. Do additional tailoring
42. "____ cost you!"
43. Like a rose
45. Commercial area of Venice
47. Trojan hero
52. Approx.
53. Speechmaker
57. Jazz singer Ms. Fitzgerald
58. Ira Levin's 1967



- scary bestseller: 2 wds.
61. Surname of the married couple portrayed by the stars at #31-Across
63. Rock band, Death Cab for ____
64. 'Refer' suffix
65. ____ Canadian (Currency conversion

- choice)
 66. Margarines
 67. Ritzy retailer, ____ Fifth Avenue
 68. Swinger's supplies?
 69. Never happened or existed
- Down**
1. ____ Throw (Decath-

- lon event)
2. Emily Carr, for one
3. Plunderer, archaically
4. Whole
5. Merry dance
6. Yo-____ho! (Hoist, sailors, hoist!)
7. Arthur ____ Awards (Crime Writers of Canada annual

- honours)
8. Handle
9. Shifts stableness
10. Saint-____ (1491 birthplace of French explorer Jacques Cartier)
11. Canadian apple
12. Li'l lunchtime locale
13. 'Chlor' suffix

19. Three squared
21. Alfred Hitchcock's wife played by Helen Mirren in "Hitchcock" (2012)
25. Marcia's "Desperate Housewives" role
26. From ____ to stern
28. Backstreet Boys member Mr. McLean's
30. ____ chart
32. "Well, obviously!"
33. ____ Z
34. Wreck
36. "Your majesty."
37. Mr. Redding
38. Newfoundland town
39. ____-inclusive
41. ____ bread
43. Removed, as a newspaper story: 2 wds.
44. Not
46. "____o", airing on MuchMusic
48. Dusty space cloud
49. Uplifts
50. Great Britain's archaic name
51. Declare, Bible-style
54. Create cheeriness
55. Flavour
56. Sweet 'sandwich' snacks
59. Venerated verses
60. Flat-bottomed vessel
61. Mr. Craven
62. "Bird ____ Wire" (1990)

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